

**CLAIM AMENDMENTS:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

Please amend claims 11 and 14; and cancel claims 10, as follows:

1. (previously presented) An apparatus for preventing a sleeping person from assuming a supine position, the apparatus comprising:
  - a flexible, elongated waist belt having a first surface, a second surface opposite the first surface, and a sufficient length to encircle the waist of a person, and
  - a motion-limiting member protruding from the first surface of the belt and extending along at least a portion of the length of the belt, wherein the motion-limiting member comprises a body of a size sufficient to prevent a person from moving into the supine position during sleep when the motion-limiting member is located proximal to the lumbar spine area and wherein the motion-limiting member comprises at least three body segments including a middle body segment and two end body segments at opposite sides of the middle body segment, wherein the end body segments are more rigid than the middle body segment.
2. (original) The apparatus of claim 1 wherein the motion-limiting member comprises first and second side surfaces extending from the belt, the first and second side surfaces having a thickness extending at least three inches from the belt.
3. (original) The apparatus of claim 2 wherein the motion-limiting member has a length in the range from 8 to 20 inches and the first and second side surfaces have a thickness extending from 3 to 6 inches from the belt.
- 4-5. (cancelled)
6. (previously presented) The apparatus of claim 1 wherein the end body segments comprise rigid supportive material and the middle body segment comprises soft pliable material.

7. (original) The apparatus of claim 1 comprising a rigid plate positioned along a length of the belt proximal to the motion-limiting member, wherein the plate is positioned and sized to prevent movement of the motion-limiting member during sleeping.

8. (original) The apparatus of claim 1 comprising lower body apparel wherein the belt comprises a waistband attached to the lower body apparel and the motion-limiting member comprises a pad detachable from the lower body apparel.

9. (original) The apparatus of claim 1 comprising a nerve stimulation device, a thermo-regulatory device, a deep-heating device with ultrasound, a massage device, or a combination two or more of these.

10. (cancelled)

11. (currently amended) The apparatus of claim ~~10~~14 wherein when the apparel is worn, the motion-limiting member prevents the person from assuming a supine position during sleep.

12-13. (cancelled)

14. (currently amended) An apparatus comprising lower body apparel comprising a waist belt and a motion-limiting member extending proximal to a length of the waist belt so that when the lower body apparel is worn by a person, the motion-limiting member is located along a lumbar portion of the spine and comprising a nerve stimulation device with conductive electrodes.~~The apparatus of claim 10~~

wherein the motion-limiting member comprises a pad that is detachable from the waistband using fasteners.

15-20. (cancelled)

21. (previously presented) An apparatus for preventing a sleeping person from assuming a supine position, the apparatus comprising:

a flexible, elongated waist belt having a first surface, a second surface opposite the first surface, and a sufficient length to encircle the waist of a person;

a motion-limiting member protruding from the first surface of the belt and extending along at least a portion of the length of the belt, wherein the motion-limiting member comprises a body of a size sufficient to prevent a person from moving into the supine position during sleep when the motion-limiting member is located proximal to the lumbar spine area; and

a rigid plate positioned along a length of the belt proximal to the motion-limiting member, wherein the plate is positioned and sized to prevent movement of the motion-limiting member during sleeping.

22. (previously presented) An apparatus for preventing a sleeping person from assuming a supine position, the apparatus comprising:

a flexible, elongated waist belt having a first surface, a second surface opposite the first surface, and a sufficient length to encircle the waist of a person;

a motion-limiting member protruding from the first surface of the belt and extending along at least a portion of the length of the belt, wherein the motion-limiting member comprises a body of a size sufficient to prevent a person from moving into the supine position during sleep when the motion-limiting member is located proximal to the lumbar spine area; and

lower body apparel wherein the belt comprises a waistband attached to the lower body apparel and the motion-limiting member comprises a pad detachable from the lower body apparel.

23. (previously presented) An apparatus comprising lower body apparel comprising a waist belt and a motion-limiting member extending proximal to a length of the waist belt so that when the lower body apparel is worn by a person, the motion-limiting member is located along a lumbar portion of the spine wherein the motion-limiting member comprises a pad that is detachable from the waistband using fasteners.